

2-Week Cycle Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole wheat English Muffin with peanut butter Banana Yogurt Served with nonfat and 1% plain milk	Whole grain Peach muffin squares Fresh Pear Cheese Stick Served with nonfat and 1% plain milk	Yogurt with frozen or fresh berries Whole grain granola bar Applesauce Served with nonfat and 1% plain milk	Whole Grain Cream of Wheat Apple or banana, with side of peanut butter Served with nonfat and 1% plain milk	Oatmeal Yogurt Side of fresh berries (strawberries and blueberries) Served with nonfat and 1% plain milk
Week 2	Parfait with yogurt and granola Diced fresh fruit Whole grain Apple cinnamon muffin Served with nonfat and 1% plain milk	Whole wheat bagel with egg and cheese Diced melon and grapes Served with nonfat and 1% plain milk	Whole grain pretzels Carrot sticks and hummus Banana/Fresh Fruit Choice Served with nonfat and 1% plain milk	Whole Grain cereal (Cheerios, Wheaties, Total, others) Strawberries Cheese Stick Served with nonfat and 1% plain milk	Whole grain graham crackers Celery sticks and peanut butter Orange/Fresh Fruit Choice Served with nonfat and 1% plain milk

As of the USDA Memo to Regional Directors on April 28, 2014, meals offered under the School Breakfast Program must include at least:

- ✓ **1 cup of milk (fat free or low fat, chocolate must be fat free).**
- ✓ **1 ounce equivalent of whole-grain rich grains.**
- ✓ **1 cup of fruit.**

Portions of food groups will need to reflect the nutritional requirements for respective age-grade groups; K-5, 6-8, and 9-12. (Memo Code: SP 43:2014)